

Instant Stress-Busters



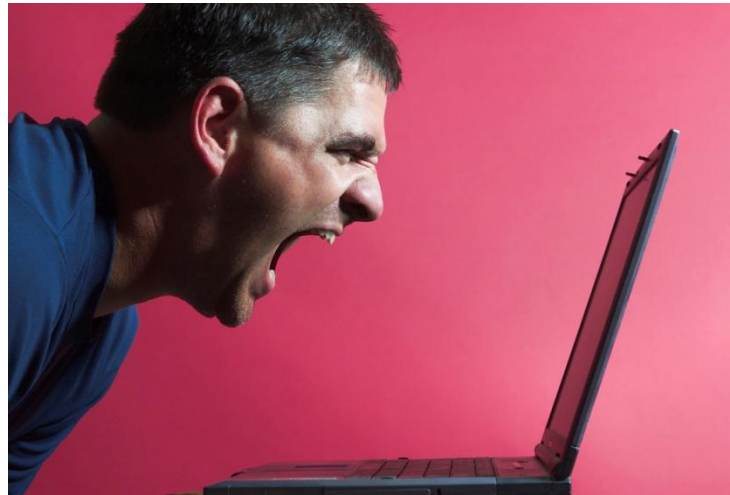
Aila Accad, RN, MSN

What Stresses You?

T

N

OP



Stress

ONE Cause

for

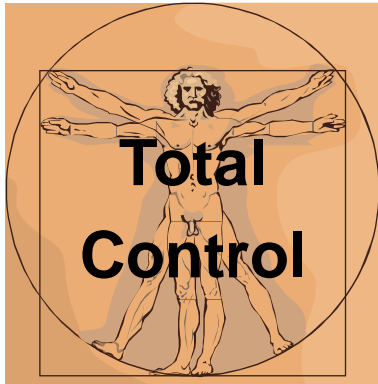
ALL Stress



One Principle



Outside YOU



Inside YOU

Everything is Energy



- Albert Einstein
1920
- **$E = mc^2$**

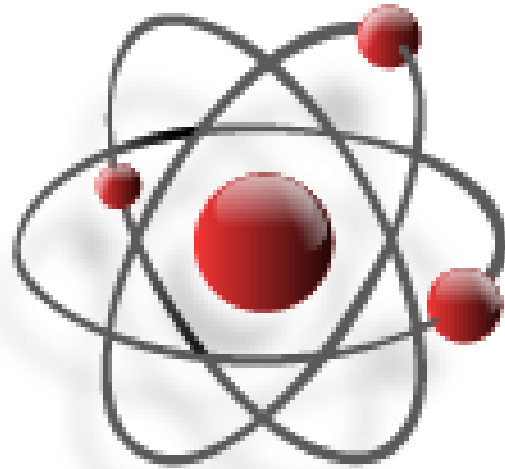
Stress is Energy

CLUE



Dis-Stress
Deteriorates

Eu-Stress
Energizes



Prevent Burnout

Change 1 Belief



Breaking the Perfection Myth

Perfect _____

Breaking the Perfection Myth

Perfect



Breaking the Perfection Myth

Should/Shouldn't

*Parents, teachers, coaches
religious leaders, media....*

Perfect



Breaking the Perfection Myth

Should/Shouldn't

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Perfect



Zone of Failure



***Time
& Energy***

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Zone of Failure



***Time
& Energy***

Scumbag (belief)

Breaking the Perfection Myth

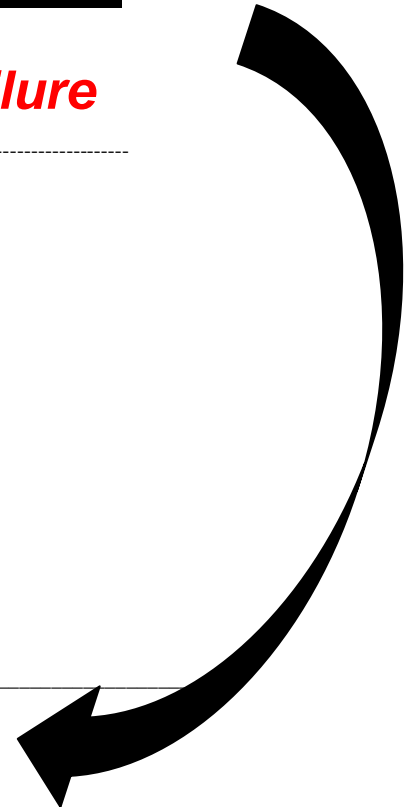
Perfect



Zone of Failure

Marvelous

Scumbag (belief)



Breaking the Perfection Myth

Perfect



Zone of Failure



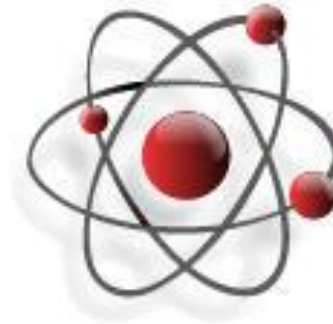
Marvelous *Talents, Gifts, Abilities, Affinities*

3 Clues to YOUniqueness

Story



Energy

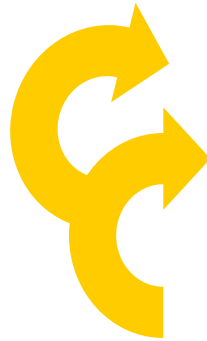


Feedback



Breaking the Perfection Myth

Perfect



Experience

Skills (learn)

Marvelous

Talents, Gifts, Abilities, Affinities

Breaking the Perfection Myth

Perfect



Excellent

Zone of Success (inside & out)



Experience

Skills (learn)



Marvelous

Talents, Gifts, Abilities, Affinities

Breaking the Perfection Myth

Perfect



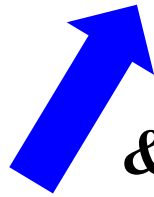
Excellent



20%
80%

High Dis-Stress/Low Energy

Zone of Success (inside & out)



**Time
& Energy**



Experience

Skills (learn)

High Eu-Stress/High Energy



80%
20%

Marvelous

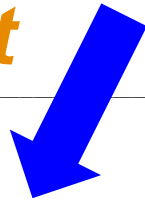
Talents, Gifts, Abilities, Affinities

Breaking the Perfection Myth

Perfect



Excellent



Zone of Success (inside & out)

**Time
& Energy**



High Eu-Stress/High Energy

Experience

Skills (learn)

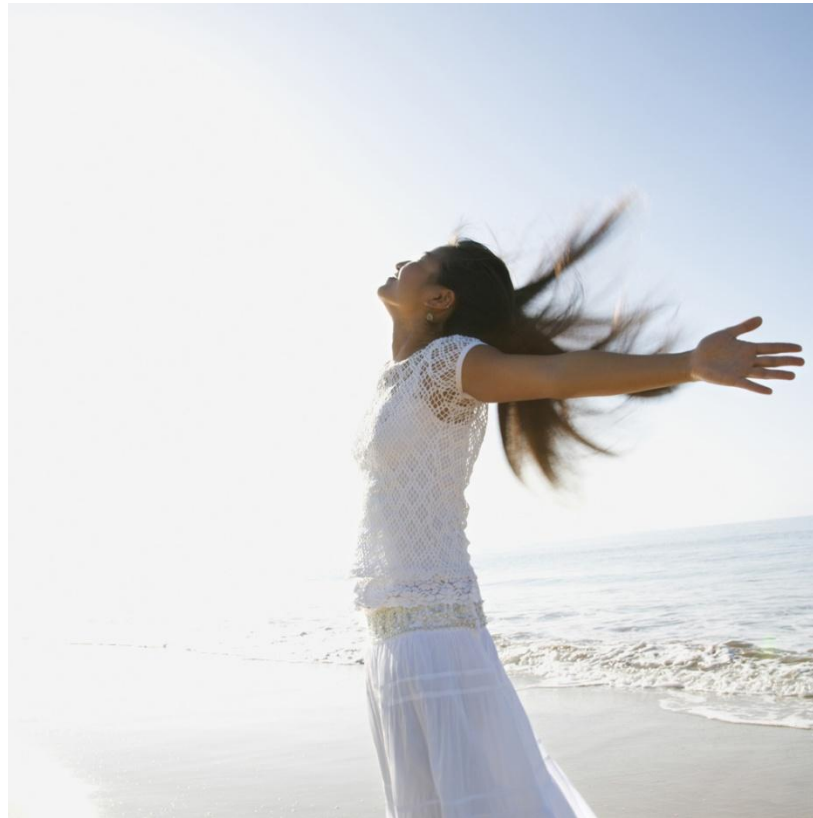
**80%
20%**

Marvelous

Talents, Gifts, Abilities, Affinities

Body

Tip #1 ~ Breathe



Mind

Tip #11 ~ Observe Your Mind

- Principle

What You Focus on Expands

- Action

Focus on what you Want



Mind

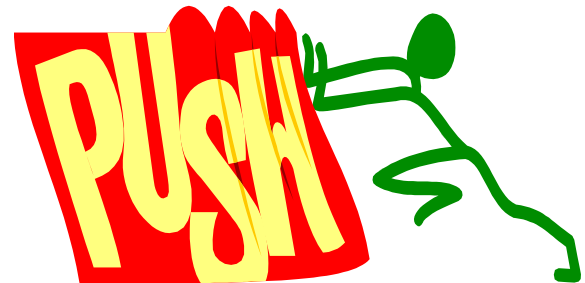
Tip #11 ~ Observe Your Mind

- Principle

What You Resist Persists

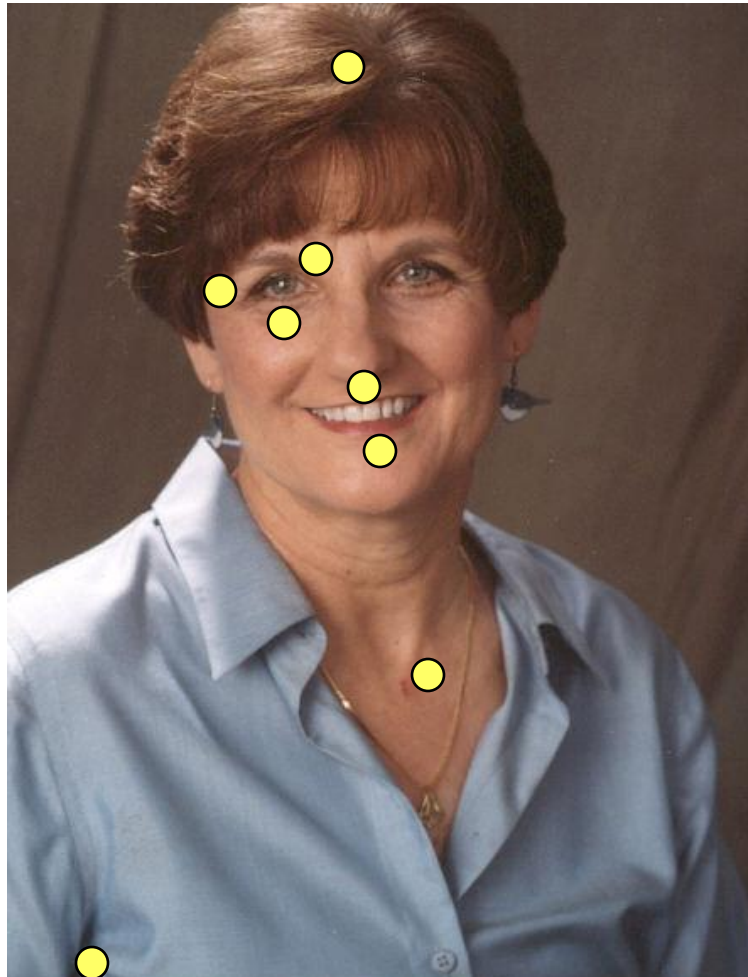
- Action

Let Go Of Resistance



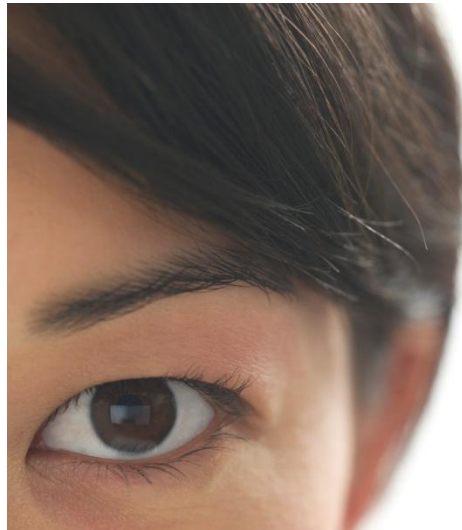
Emotions

Tip #21 ~ Tap On It!



Spirit

Tip #28 ~ Connect with Your Vibes



Attitudes of a Stress-Buster

- I know what I can and cannot control.
- I focus on what I can control.
- I let go of perfection.
- I take responsibility for excellence.
- I influence life by valuing myself.
- I have the power to care for my body.
- I have the power to focus my mind.
- I have the power to soothe my emotions.
- I have the power to connect my spirit.
- I am a powerful Stress-Buster!

Stop “Shoulding” on Yourself

(Tip # 12)



My Deepest Wish for YOU

Live
Stress Free!

